



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOURISH

NUTRITION COACHING AT THE Y

Nutrition is often overlooked when trying to live a healthier lifestyle. Let our skilled, certified nutrition specialists guide you in making healthier choices with your diet. Whether you are just taking a harder look at your nutrition or if you've tried everything; let us help you get on track!

Nutrition 101: Want help making healthier food and gain knowledge behind how important nutrition is? Work with one of our Certified Nutrition Specialist! All sessions are 30 minutes.

8 sessions - \$160 16 sessions - \$320 24 sessions - \$480

Nutrition Coaching: Need help losing weight and keeping it off for good? Work one on one with a Certified Nutrition Specialist! All Sessions are 60 minutes.

12 sessions - \$480 24 sessions - \$960
36 sessions - \$1,480 48 sessions - \$1,960

GET STARTED WITH A CONSULTATION!

Contact Cortnee at cmcreynolds@statelineymca.org or 608-365-2261



statelineymca.org/nourish